

, there reaches a point when one realises that only Allah can help

3. Whatever help a person, or group provide you, in whatever scope or capacity, one must educate themselves on at least some of the nitty gritty's of the work they are doing in order to better inform yourself to aid your own personal, God-made holistic plan - pragmatically championed by none other than Allah ^{assisted by His will, mercy, favour & blessing}

part 2

4. When you find your self in unbearable circumstances, especially with regards to excruciating / distressing symptoms from allopathic medicine, then one must first be patient, ~~secondly~~

secondly - take some time time w completely immersing yourself in ruga, pleading to Allah for health, reading Quran if possible, especially the ayah on fughyah and pouring all the fay'ah or sake'nah, and possibly Surah Rahman, to remind At oneself of the blessings of Allah upon us never-ending